



Ginger Ice Milk

From [Martha Stewart's Healthy Quick Cook](#), page 67

Ingredients:

- 3½ cups low-fat milk (Amy's note: I used whole milk)
- 1/3 cup sugar (Amy's note: I used [SomerSweet](#))
- 1 3-inch piece of fresh ginger, peeled and thinly sliced
- 1 teaspoon ground ginger
- 1/8 teaspoon kosher salt
- Candied ginger, for garnish (optional)

Combine the milk and sugar in a 2-quart saucepan over medium heat. Heat, stirring occasionally, until the sugar has dissolved and the mixture is hot. Add the sliced fresh ginger and reduce the heat to low. Heat, barely simmering, for 15 minutes.

Remove from the heat and add the ground ginger. Set aside to infuse for at least 45 minutes, or until the ginger flavor suits your taste. (Remember that the flavor will not be as strong when the mixture is frozen.) Remove the pieces of ginger, add the salt, cover, and chill thoroughly.

Freeze in an ice cream maker according to the manufacturer's directions. Garnish each serving with a few strips of candied ginger, if desired.

Makes 1 Quart.

Amy's Note: keep an eye on this while it's in the ice cream maker, in case it expands outside the boundaries of the machine!